

## **TIGERSHARKS COACHES CORNER**

**July 4, 2010**

**Hold on to your caps Tigersharks, the season is entering the most exciting time of our season! It's hard to believe we only have one more dual meet left against Highlands Ranch, this Saturday, July 10<sup>th</sup> and then we start Prelims the following Monday, July 12<sup>th</sup>.**

**Before we go into details regarding Prelims, Championships and Allstars, let's focus on our last dual meet against Highlands Ranch this Saturday. We have been very excited about your progress in all 4 strokes and how hard you have been working at practice. Now that you are back from a very brief break for the 4<sup>th</sup> of July, it's time for some fast swimming both at practice and at your meets! Please try to attend every practice from now on if possible so that we can prepare you all to be the best you can be. Arrive at NorthRidge Rec Center in Highlands Ranch by 7:00 am. Warm up is extremely important for all swimmers, even the littlest swimmer. It prepares your body and your mind to race and actually helps you feel better during your races. We will warm up all swimmers ages 10 and under first and then 11 & older swimmers after. We will swim our best against Highlands Ranch as they are a strong team. Remember to show that great Tigershark sportsmanship in the heating area, during the meet and after your races.**

**Rest up on Sunday because the Prelims start on Monday. For the new swimmers, Prelims is the meet where all swimmers from all Teams in the A-division of our League swim against each other at one meet. The goal of Prelims is to make it back to Championships by placing in the top 16 places in your events. If you place in the top 16 then you swim at Championships on Saturday, July 17<sup>th</sup> at Piney Creek! Prelims are fun because there are only 2 age groups present at each Prelim meet. Therefore, you get to see and swim against lots of swimmers your own age! There are no relays at Prelims. All Prelims and Championships Start at 8:00 am. We will e-mail specific warm up times and update the website as they become available.**

**Monday, July 12<sup>th</sup> at Sundance pool for 6 & U and 8 & U**

**Tuesday, July 13<sup>th</sup> at Wildcat Ridge pool for 11 & 12 and 13 & 14**

**Wednesday, July 14<sup>th</sup> at Castle Rock pool for 9 & 10 and 15 & 18**

**Saturday, July 17<sup>th</sup> at Piney Creek Pool - A-Division League Championships!**

Practice Schedule will remain the same this week through the Highlands Ranch meet. Then, Monday, July 12 there will be 2 practices: swimmers ages 9 & 10 and 11 & 12 will swim from 8:00 to 8:45 and swimmers ages 13 & 14 and 15 through 18 will swim from 8:45 to 9:45. Tuesday, July 13<sup>th</sup> there will be NO PRACTICE because prelims are at our pool. So come and cheer on your teammates at Prelims! Wednesday, July 14<sup>th</sup> there will be 2 practices for all swimmers, including relay swimmers, who made it back to championships! All 8 & Under swimmers will swim from 8:00 to 8:30 and then 11 & 12 and 13 & 14 will swim from 8:30 to 9:30.

Warm up times for Prelims and Championships will be on the website as they are determined and we will also send out an e-mail.

Congratulations to all of our swimmers who have made ALLSTARS! We are very proud of your accomplishment and will look forward to your ALLSTAR meet. There is still time to make an ALLSTAR time, Tigersharks! You can make it at the meet against Highlands Ranch, Prelims and at Championships if you qualify! ALLSTARS will be Saturday, July 24<sup>th</sup> at the Castle Rock Pool. We will be holding one practice starting at 8:00 am for all ALLSTAR Qualifiers the week of July 19<sup>th</sup>. Information regarding ALLSTARS will be communicated as the date gets closer.

Good Luck against Highlands Ranch Tigersharks!!

Love, your Coaches Ruthie, Nicole, Jenny, Marcy, Eric and Kirsten